

## Ministry of Culture and Recreation Regional Field Offices

### Northwest Region

435 James St. S.,  
Box 5000,  
Thunder Bay,  
P7C 5G6  
Phone 807-475-1255  
479 Government St.,  
Box 3000,  
Dryden, P8N 3B3  
Phone 807-223-2271

### Northeast Region

215 Oak Street East,  
North Bay, P1B 1A2  
Phone 705-474-3821  
123 March St.,  
Sault Ste. Marie,  
P6A 2Z5  
Phone 705-942-3751  
1760 Regent St. S.,  
Sudbury, P3E 3Z8  
Phone 705-522-1416  
22 Wilcox St.,  
2nd Flr.  
Timmins, P4N 3K6  
Phone 705-267-7117

### Eastern Region

1 Nicholas St.,  
11th Flr.  
Ottawa, K1N 7B7  
Phone 613-232-1116  
14 Bridge St. W.,  
Belleville, K8N 5B5  
Phone 613-968-3474  
1055 Princess St.,  
Suite 204,

Kingston, K7L 5T3  
Phone 613-542-7349

### Central East Region

863 Bay St., 2nd Flr.  
Toronto, M7A 2R9  
Phone 416-965-0283  
114 Worsley St.,  
Barrie, L4M 1M1  
Phone 705-737-3301  
340 George St. N.,  
2nd Flr.  
Peterborough,  
K9H 7E8  
Phone 705-748-3711

### Central West Region

1083 Barton St. E.,  
2nd Flr.  
Hamilton, L8L 3E2  
Phone 416-549-2471  
55 Erb St. E.,  
Waterloo, N2J 4K8  
Phone 519-886-3520

### Southwest Region

495 Richmond St.  
5th Flr.  
London, N6A 5A9  
Phone 519-438-2947  
427 Tenth St.,  
Hanover, N4N 1P8  
Phone 519-364-1626  
250 Windsor Ave.,  
6th Flr.  
Windsor, N9A 6V9  
Phone 519-256-4919



Ontario

Ministry of  
Culture and  
Recreation

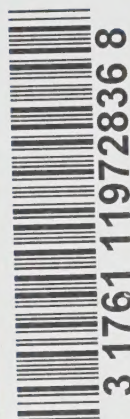
Sports and  
Fitness  
Division

Hon. Robert Welch  
Minister  
Robert Johnston  
Deputy Minister

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Fitness Ontario En forme



You owe it to yourself to get the most out of life you possibly can.

But getting the most out of living, means putting more into life. And in most cases, it all starts with being physically fit. Because the more you do, the better you'll feel. And the better you feel, the more you'll want to do.

Fitness Ontario, a division of the Ontario Ministry of Culture and Recreation, can help you get started on the road to a more active, rewarding, fun-filled lifestyle. Whether you're 18 or 80, already active or just beginning, Fitness Ontario has a lot to offer you.

### **FitFive Awards Program**

A five step activity program that takes you through five levels of participation in your choice of more than 50 different activities. Each step booklet provides you with helpful information on fitness and shows you how to score points for the time you spend doing these activities. When you meet the required number of points for your level, you move on to the next step. With each step you complete, you'll receive a handsome certificate plus your choice of an embroidered crest or lapel pin.

### **Informative Brochures**

A wide variety of brochures specially prepared by Fitness Ontario are available to you free of charge. This informative material covers a large range of activities and some helpful tips on fitness and nutrition.

### **FitTest Assessment Program**

FitTest provides you with the opportunity to find out what shape you're in, and how you can improve your general level of fitness. Specially equipped mobile assessment vans will be conducting FitTests in communities all over Ontario. A few minutes of activity and consultation with the FitTest counsellors, and you can be on the road to a better feeling.

### **Employee Fitness Programs**

Business and industry can both benefit measurably from improved employee fitness levels in areas of absenteeism, accident rates, staff morale and productivity. Inquire about the Fitness Ontario Industrial Education Package as well. A program to help employers foster interest in employee fitness concepts.

### **Leadership Program**

Experts from all over the province have aided in the development of this program. Instructors and leaders in fitness throughout Ontario will have the opportunity to bring themselves up to date on the latest teaching methods and most current fitness technology.

### **Wintario Grants Program**

Funding is available for certain projects promoting fitness. To find out if your project is eligible under the Wintario Grants Program, write or phone the field office nearest you.

